



# Kime-no-Kata Notizen

**Württembergischer Judo-Verband e. V**

**in Kooperation mit:**

**Jiu-Jitsu Traditionell e. V.**

**und**

**Württembergisches Dan-Kollegium e. V.**

verfasst von Jacques Cosson, Kata-Referent



# Kime-no-Kata Notizen



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## Allgemeines

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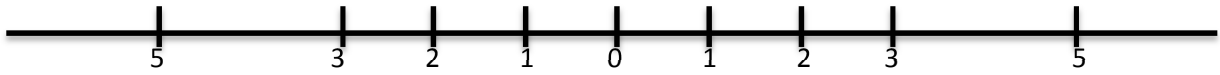
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# Kime-no-Kata Notizen



## Angrüßen



A series of horizontal dotted lines for taking notes.

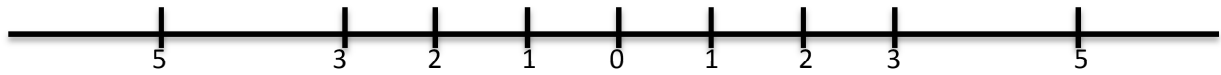


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## 1. Idori

### 1.1. Greifen beider Hände Rio-te-dori



A series of horizontal dotted lines for taking notes.



# Kime-no-Kata Notizen



## 1.2. Magenstoß Tsuki-kake



A series of horizontal dotted lines for taking notes.



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## 1.3. Handballenstoß gegen die Stirn **Suri-age**

A horizontal line with tick marks and numbers: 5, 3, 2, 1, 0, 1, 2, 3, 5. Below the line are 20 horizontal dotted lines for writing notes.



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## 1.4. Faustschlag gegen die Schläfe

## Yoko-uchi



A series of horizontal dotted lines for taking notes.





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## 1.5. Umklammerung von hinten Ushiro-dori

A horizontal line with tick marks and numbers: 5, 3, 2, 1, 0, 1, 2, 3, 5. Below the line are 20 horizontal dotted lines for writing notes.



# Kime-no-Kata Notizen



## 1.6. Messerstich in den Magen **Tsuki-komi**

A horizontal line with tick marks and numbers: 5, 3, 2, 1, 0, 1, 2, 3, 5. Below the line are 20 horizontal dotted lines for writing notes.



# Kime-no-Kata Notizen



## 1.7. Dolchschnitt von oben gegen den Kopf **Kiri-komi**



A series of horizontal dotted lines for taking notes, corresponding to the positions marked on the diagram above.



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## 1.8. Messerstich von der Seite **Yoko-tsuki**



A series of horizontal dotted lines for taking notes.



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## 2. Tachiai

### 2.1. Greifen beider Hände Rio-te-dori



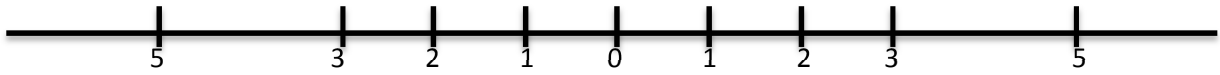
A series of horizontal dotted lines for taking notes, corresponding to the timeline above.



# Kime-no-Kata Notizen



## 2.2. Ärmelgriff Sode-tori



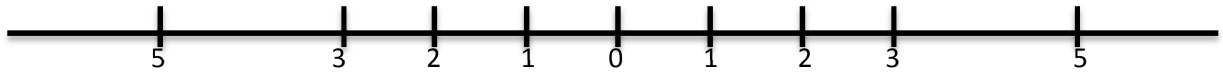
A series of horizontal dotted lines for taking notes.



# Kime-no-Kata Notizen



## 2.3. Fauststoß gegen das Gesicht Tsukkake



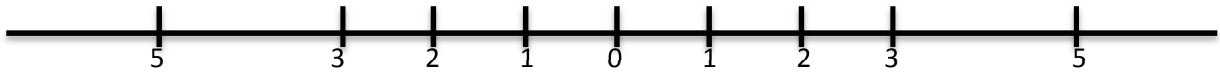
A series of horizontal dotted lines for taking notes.



# Kime-no-Kata Notizen



## 2.4. Kinnhaken Tsuki-age



A series of horizontal dotted lines for taking notes, corresponding to the scale above.

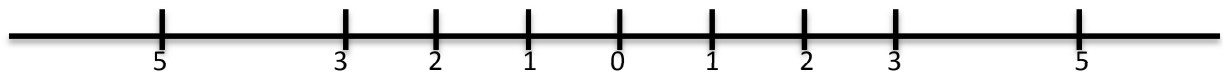




# Kime-no-Kata Notizen



## 2.5. Handballenstoß gegen die Stirn **Suri-age**



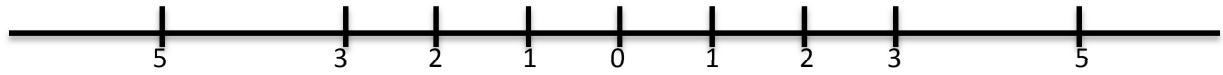
A series of horizontal dotted lines for taking notes.



# Kime-no-Kata Notizen



## 2.6. Faustschlag auf den Kopf **Yoko-uchi**



A series of horizontal dotted lines for taking notes.

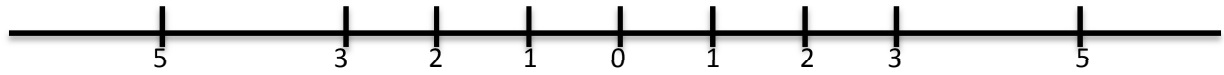


# Kime-no-Kata Notizen



## 2.7. Fußtritt

## Ke-age



A series of horizontal dotted lines for taking notes.



# Kime-no-Kata Notizen



## 2.8. Umklammerung von hinten Ushiro-dori



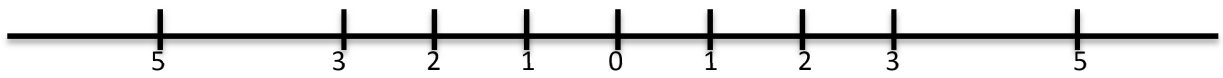
A series of horizontal dotted lines for taking notes.



# Kime-no-Kata Notizen



## 2.9. Messerstich in den Magen **Tsukikomi**



A series of horizontal dotted lines for taking notes, corresponding to the scale above.



# Kime-no-Kata Notizen



## 2.10. Dolchschnitt von oben gegen den Kopf **Kiri-komi**



A series of horizontal dotted lines for taking notes.



# Kime-no-Kata Notizen



## 2.11. Schwert ziehen Nuki-kake



A series of horizontal dotted lines for taking notes, corresponding to the positions on the diagram above.



# Kime-no-Kata Notizen



## 2.12. Schwerthieb von oben

## Kiri-oroshi



A series of horizontal dotted lines for taking notes.





# Kime-no-Kata Notizen



## Abgrüßen



Handwriting practice area consisting of 20 horizontal dotted lines for notes.